

# ***Strut, Stride, Straddle, Stroll or Hilton Half***

**4 MILE WALK/RUN, 10K, 13 MILE BIKE RIDE, 1.5 MILE WALK or 1/2 MARATHON**

In support of Blue Mountain Hospice

Saturday September 10<sup>th</sup> 2022

Races will start and end at Blue Mountain Hospice parking lot

Arrive at 7:00 Races will begin at 8:00

Hilton Half Marathon: Transportation leaves at 6:30 Race begins at 7:00

Races are changing this year! Join 2022 Strut Stride Straddle Stroll/Hilton Half Marathon Facebook group for all updates

*Our races will again be focused around celebrating a life, so we ask that all people participate in memory of someone who was meaningful to them.*

**Name** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Race Participating In (circle one):

**Strut** (4 mile) **Stride** (6 mile) **Straddle** (13 mile bike ride) **Stroll** (1.5 mile walk) **Hilton Half** (Half Marathon)

*Please write your loved one's name on the line below.*

In Memory of: \_\_\_\_\_

I am a member of a team/family group: \_\_\_\_\_

Emergency Contact (Name & Phone) \_\_\_\_\_

Registration Fee: \$20.00 per Adult \$15.00 per Child \$75 families of 8 max \$150 group/team of 8 or more

**There will be an additional \$5 registration fee for same day registrations**

Return pre-registration forms to: Home Health & Hospice office at 422 W. Main St in John Day by September 8, 2022

Questions: Call 541-575-1648 or email: mthomas@bluemountainhospital.org

**Parents must sign for ALL children under 18 years of age:**

Waiver: in consideration of being permitted to participate in the Strut, Stride, Straddle & Stroll event I hereby for myself, my heirs and personal representative assume any and all risks which might be associated with this event. I further waive, release, discharge and covenant not to sue Blue Mountain Home Health & Hospice, Blue Mountain Hospital District, employees, sponsors, organizers, volunteers or other representatives for any and all injuries or damages of any kind whatsoever suffered as a result of taking part in this event. I agree to the use of any photo or video of this event for any purpose.

**Adult Signature:** \_\_\_\_\_

**Proceeds from this event will go to Blue Mountain Hospice**

**Thank you for your support and we are looking forward to seeing you!**